A stress relieving perfume wherein the active component is valerian oil.

- The stress relieving perfume according to claim 1, wherein fatty 2. acids have been removed from valerian oil.
- The stress relieving perfume according to claim 1, wherein the 3. perfume comprises more than 0.2 % by weight of valerian oil per the perfume.

- The stress relieving perfume composition comprising the perfume according to any one of claims 1 to 3.
- A method of releving stresses characterized by inhalation of an 5. effective quantity of valerian oil.
- 6. The method according to claim 5, wherein more than 0.2 % by weight of valerian oils are contained in a perfume.

Use of valerian oil as a stress relieving agent.

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